



Fueling the Force

Perform like a Champion



Train like a Pro



Special Fuel Required



Eat like an Athlete



Report Documentation Page

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Program Overview

❑ Partnerships

- Established to energize the menu to provide better nutrition for Soldiers and Cadre
- Linked to AMEDD, TRADOC Nutritionist, MACH Dietitian (attached to 30th AG), DOL, Food Services (L&S Contracting), and ARI

❑ Nutrition Training

- Instruct Soldiers and Cadre on proper nutrition
- Develop healthy lifestyles
- Promote healthy living on and off duty



❑ Physical Fitness

- Linked to Physical Readiness Training Initiative and the Army Physical Fitness unit
- Focuses on establishing unit and personal total fitness program to include nutrition, weight and cardiovascular training



Program Characteristics

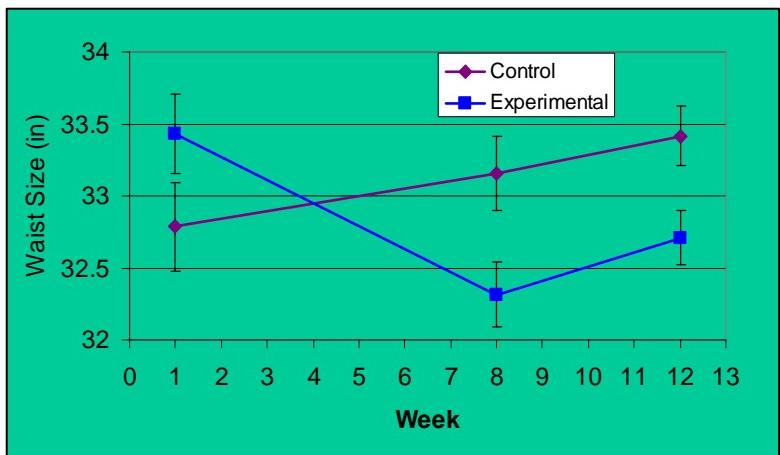


- Attached nutritionist from hospital
- Revamped dining facility menus
 - Replaced fried foods with baked or broil
 - Substituted low fat muffins and sponge cake for fatty cakes and pies
 - Substituted brown rice for white rice; eliminated other nutrient-stripped starches
 - Replaced white bread with wheat and served only whole grain high fiber cereal
 - Replaced sodas with sport drinks and calcium enriched juices
 - Substituted non-fat cooking spray for traditional cooking oil
 - Cut fruit for easier consumption by the soldiers
 - Added leafy vegetables into salads to increase iron content
 - Added evening granola bar with low fat milk & morning pre-PT bagel with juice
 - Implemented quick identifiable color-coded fueling system and strategic placement of important food items
- Instituted nutrition training for all Soldiers
- Improved unit readiness in muscular strength, disease reduction, and lifestyle habits

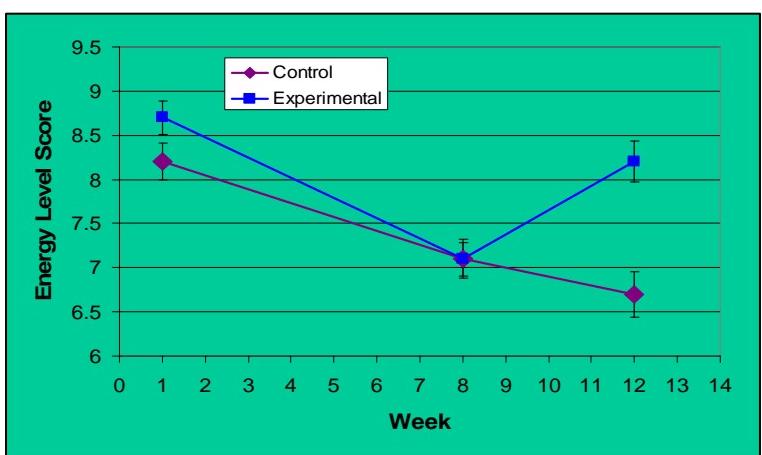


Program Results

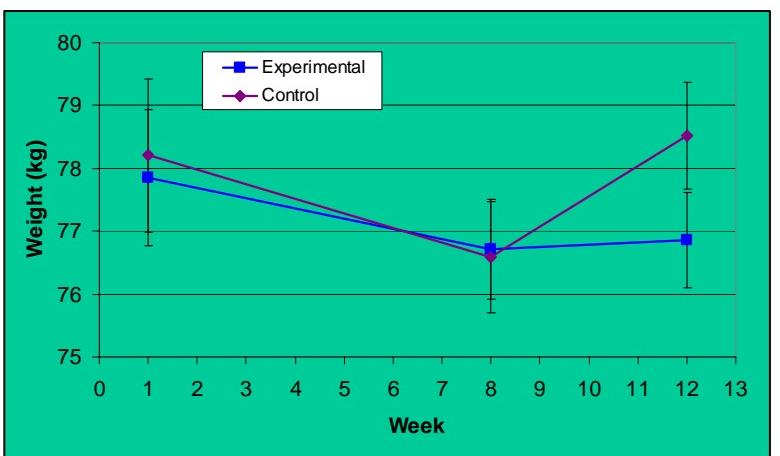
Waist Circumference decreased



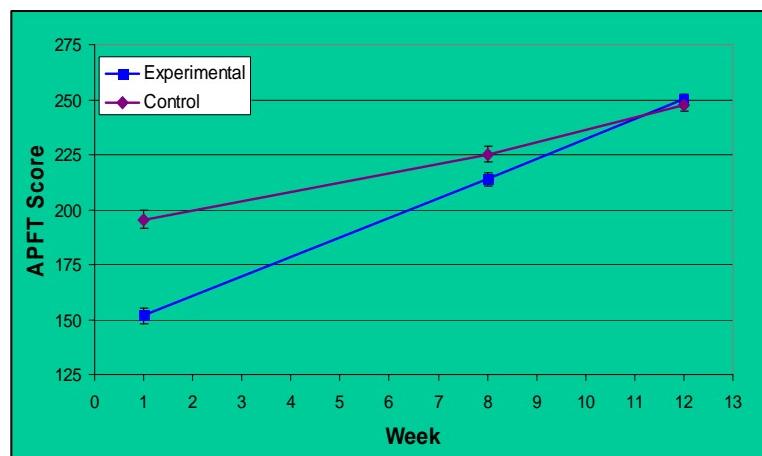
Energy level increased



Weight decreased and stayed off



Increased APFT scores by 100 points





Way Ahead

"Don't just feed my Soldiers, FUEL them!"



- Provide guidance to all units on proper nutrition techniques
- Get the nutritionists assigned to Brigade size training units
- Institute and sustain nutrition training
- Revamp dining facility menus
- Implement monitoring measures

Results: Improves unit readiness, muscular strength, disease reduction, and lifestyle habits...fit to fight!

